The *English-Physicians* dayly Practise.

OR,

Culpeper's Faithful PHYSITIAN.

Teaching every Man and Woman to be their own

DOCTOR.

In this Book is set forth near 40 most choice, Excellent, and approved Receipts in Physick and Chyrurgery, for the rooting out, and Curing most Diseases; with easie Directions for making divers Salves, Oyntments, Sear-cloths, and Plaisters, for divers Maladies, being a Salve for every Sore: and that at an easy Rate.

To which is added, Mr. *Culpepper's* New, Excellent, and very useful Herbal; being *the Rare Vertues of XI. Herbs and Plants, growing in most Gardens in* England; *on which Herbs is framed near one hundred Medicines, for curing most Diseases in Men, Women and children; a great many of them but at a penny or two pence charge; being good Tidings to the sick and Lame, and all others that would preserve their bodies in Health, By Dr.* Nich. Culpepper, *and Dr.* Ponteus. *The like not hitherto Printed.* Licensed and Entred according to Order.

A Table of some Principal things in this little Book.

1. For the Rheum in the Eyes,
2. For the Stone.
3. For to cause speedy delivery in Women
4. For the Palsie.
5. For bloodshot eyes.
6. For sore Eyes.
7. For the Falling Sickness.
8. For Deafness.
9. For the Dropsie.
10. For a sore Breast.
11. To make hair grow.
12. For the Flux.
13. For an Ague,
14. For the Piles.
15. For a Scald Head.
16. For the Tooth-ach.
17. An Oyntment for an Ach.
18. For an old Bruise.
19. For the Gout.
20. For the Corns.
21. For a Kibe.
22. How to make an excellent Searcloth
23. How to make a Poultess.
24. To draw a Thorn out of the Foot.
25. To stop a Looseness.
26. For a Consumption.
27. For the Green-Sickness.

Printed for *J. Conyers* at the *Black Raven* in *Duck Lane.*

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Culpeppers Faithful Phyſitian.

1. A moſt excellent Remedy for the Rheum in the Eyes, which I have often experienced, and cured thoſe that have been almoſt blind. Faithfully Diſcovered.

TAke Roch Allom and burn it, and then beat it to fine powder, and take of it as much as will cover a ſix pence, and mingle it with a ſpoonful of Virgins Honey, and drop one or two drops into each Eye every night when you go to Bed, and you will ſoon find help, to Admiration. This Receipt I have often tryed, and Experienced to be true, as it is here laid down.

2. An excellent and approved Remedy for the Stone, often tryed.

Take of Gromell-ſeeds, and Bur-dock ſeeds, and beat them to powder, and ſift them in a fine ſieve, and take half a ſpoonful of them and ſteep it in two penny worth of White wine, and drink it blood warm, and ſweat after it, and you will find it an excellent Remedy to diſſolve the Stone, in Men, Women, and Children. Often tryed by *Doctor King*.

3. Alſo two drams of this ſeed, mixed with Womans breaſt-milk, is effectual to cauſe ſpeedy delivery in Women that have ſore pains in Travel, and cannot be delivered. 4. An excellent Medicine for the Palſie.

Take two handfuls of Lavender, and boyl it in a gallon of Spring water, and ſtrain it; and drink half a pint dayly, for a fortnight together, and it will cure you. Often proved. 5.

Alſo the diſtilled Water of Elder leaves is a moſt excellent Remedy, waſhing your hands therewith. It is alſo an excellent Remedy for ſore eyes that are blood-ſhot waſhed with the ſaid water.

6. Another excellent Remedy for ſore Eyes.

Take the white of an Egg and beat it, and take a little Flax and dip in it, & lay it upon the Eye, and it will cure you. Often proved.

7. For the Falling ſickneſs.

Take Piſleto, and make it into a powder, and give it in drink to thoſe that have the Falling-ſickneſs, and it will aſſuredly heal them, under God.

8. For Deafneſs, an approved Receipt.

Take Garden Deaſie-Roots, and make a Juice thereof; lay your head low upon a bolſter, and drop three or four drops thereof in the better Ear, this do for two or three dayes together, once a day.

9. For the Dropſie, an excellent Receipt.

Take balm-water diſtilled in *May*, and drink a good draught every morning.

10. A Medicine for a ſore breaſt.

Take two handful of Mallows, and boyl them in fair running water till it be ſoft

take it up and bruiſe it, and ſo apply it to the breaſt.

11. To make the Hair grow.

Waſh your Head with Sack, and anoint it with Bears-greaſe.

12. An eaſie cure for the Flux.

Take a piece of Raw beef, and ſcrape thereon a little Chalk, and lay to the Navel, and keep it on all night and you will find eaſe.

13. For an Ague.

Take an handful of Germander, ſtamp and ſtrain it, and put into it a ſpoonful of Beer, and half a ſpoonful of groſs Pepper, and warm the ſame by the fire, and drink it in the morning faſting.

14. For the Piles.

Take a quantity of Hogs-greaſe, and a little Verdigreaſe made in powder, & mix them well together, and anoint the place therewith, once in 24 Hours.

15. For a Scald.

Take an Onyon and cut it, and wring out the Juice upon the ſcald place night and morning, till it be well. Approved.

16. For the Tooth-Ach.

Take twenty leaves of Ivy, and a little long Pepper, and boyl them in old White Wine, and put the Liquor when it is well boyled into the mouth on that ſide that is pained, and you will find eaſe.

17. An Ointment for an Ach coming of cold.

Take four ounces of Oyl of Roſes, and an ounce of Brimſtone, an ounce and half of Sack, boyl all theſe together till the White Wine be conſumed, and ſo uſe it.

18. An excellent Salve for any ſwelling, burn, ſcald, or other Green Wounds.

Take of Bees-wax, Roſin, Red-lead, of each two ounces, with a pint of the beſt Sallad oyl; boyl all theſe together about half an hour until you perceive the colour to look a little darkiſh, and when it is boyled, put it into cold water, and make it up into a Salve and wrap it in a clean Cloth and put in a box, & ſo uſe it.

19. For an old Bruiſe.

Take Oyl of Turpentine and Aquavite, and warm them, and chafe the ſore therewith, evening and morning.

21. An excellent Remedy for the Gout.

Take Sage and Rue, and ſtamp them, and put thereto ſome Honey, & lay it Plaiſter wiſe hot to the place grieved, the applying of two ounces of this Plaiſter will make them whole, and give eaſe.

21. To kill Corns in the Toes.

Take the Roots of White-Lillies, and boyl them in Vinegar, then make it into a Plaiſter, and lay it on the Corn, and ſo keep it on three dayes, and it will make the Corn to fall off.

22. For a Kibe.

Take the skin of Hogs-fat, and lay it to the Kibe, and you will find help To roll the humour. Take the Oyl of Tobacco and apply it,

23. How to make an excellent Sear-cloath.

Take a pound of new wax, unwrought, a quarter of a pound of Stone ite quarter of a pound of Rosin, two spoonfuls of Turpentine, half a pound ex white Lead beat to fine powder, a little Sheeps suet, as much Dears suet finely ch ped; fry all these together with a pint of Oyl, upon a soft fire, till it be someth thick, keep it stirring till you take it up, then dip your Cloth in it; and so use upon all occasions.

24. For a swell'd Throat.

Take Wheat-flower and fair water, boyl them together to a Poultess, the put in a little Hogs-grease, and so apply it warm to the place grieved.

25 How to draw a Thorn out of a Mans hand.

Take black Soap, or green Wax, Turpentine, Hunny, and Rue, stamped, & make Salve thereof, and apply it to the grieved place.

26. A Salve for all sores, called the *black Plaister*.

Take a Pottle of Oyl of Olives, and a quarter of a pound of Red Lead boy these together, and scum them with a stick continually till it be black, & some what thick; then take it off the fire, and put in a penny-worth of red wax, nd half a penny worth of Rosin, seeth them on the fire again, but let it not bl stir it and then take it off, and let it stand till it be cold, make it into a lu It is good for a new wound or old, it stancheth blood. &c.

27. For the Running of the Reins.

Take white Turpentine washed, and make it into Pills, then take Cinnamo and Ginger, and role the Pills in it, & then use them.

28. To stop a Looseness.

Take Verjuice and New-Milk, and make a posset thereof, and drink of till you find help.

29. For a Consumption an Excellent help.

Take a pint of warm water, a pint of Red Cows milk, a pint of Malmy, & Cinamon grosly beaten, a good quantity, and a little Ginger; put them a Glass till they be settled, then take thereof every morning three spoonfuls warm, and the like at night.

30. For the Green sickness.

Take a handful of Rosemary, and a handful of Mogmewood, an Ounce of *Cardus Benedictus* seeds, a quarter of an ounce of Cloves, steep all these together a Pint of Whitewine 24 hours, whereof drink ten spoonfuls every morning fasting, & as much an hour before Dinner, and walk thereupon till you be warm, but take heed of taking cold. *Probatum est.*

31. For the Megrim, or giddiness in the Head.

Take a good handful of Rosemary, heat it between two hot tyles, and put into a three square bag of Linnen quilted, and lay it warm to the Nape of Neck; so let it lye day and night without moving.

32.

32. *For* the Wind cholick in a Childs stomach or Belly.

Take a pint of Ale, and put into it a spoonful of annisæds, and 3 or 4 spriggs of sweet marjoram, boyl these together, and then strain them, and give it the Child to drink.

33. *For* the Rickets.

Take the quantity of Jet that will lye upon a Groat, and steep it in a Glass of Sack 2 or 3 hours, then stir it about, and drink it off. An approved Receipt.

35. To bath their weak Limbs.

Take Calves-foot-Oyl, and Muscadine, of each a like quantity mixed, and use it warm twice a day.

36. A choice Medicine for the *French* Pox.

Take *Lignum vitæ*, and boyl a quarter of a pound of it in 3 pints of water till it comes to a quart, & take a little sarzarilla & sassafras: infuse all these in water 12 hours, & then boil them all together, & drink of this twice a day, & find help.

Dr *Culpeppers* Herbal. Or the Garden of health.

1. The vertues and uses of Agrimony.

Agrimony is a great strengthener of the Liver. The distilled water is an excellent Remedy for those whose Livers are hurt by heat or cold, as the Liver is the former of blood, so is blood the nourisher of the body; it helps the Jaundies and is beneficial to the bowels, it cleanseth the Breast, & rids away the Cough; the juice dropped into the Ears, helpeth the foul Imposthumes thereof. Outwardly applyed, being stamped with old Hogs-grease, it helps old sores, Ulcers, Cankers; it draweth forth splinters of Wood, Thorns, Nails, or any such thing gotten into the flesh; it strengthens the Members out of joint.

2. *Of Bettony.*

Many rare cures have been performed by this Herb, by Sir. *Lew. Phirovani*, *A. Musa*, Physitians to the Emperour. Dr. *Culpepper*. Take as followeth, it helpeth those that cannot digest their Meat, the Root, Herb, or flower in broth drank, or made into conserve, or Syrup, Water or Powder, is good for the falling sickness, the Palsie, Convulsion; the Powder mixed with Honey is good for all sorts of Coughs, Colds, shortness of breath: the decoction made with Mead & a little pennyroyal is excellent good for all sorts of Agues; taken in Wine is good for worms in Children: the juice of this herb mixed with a little Oyl of Frankincense boyled together, and strained; and when you go to bed anoint all the scabs with it cold; & thou shalt see a most rare cure which I have often proved so that it is rather to be counted a divine Medicine, than a humane so many cures have been performed by it.

3. The excellent Vertues of Elder.

An Eminent Doctor hath wrote a whole book of this Tree. Truly there is many rare Cures to be performed by it? as first, the young leaves, and stalks boyled in fat broth, doth much carry forth flegm and choller. The juice of the Root taken,

doth

doth provoke Vomit, and purgeth the watry humours of the Dropsie. The Decoction of the Root is good against the biting of an Adder, or a Mad-dog. The juice of the Leaves helps hot inflamation of the Eyes; the juice snuffed up the Nostrils, purgeth the Brain. The juice of the Berries boyled with a little Honey, dropped into the Ears, helpeth the pains of them. The distilled water of the flowers is of much use, for to clear the skin of Sun-burn, Freckles, Morphew, & taketh away Head-achs, coming of cold causes, the Head being bathed therewith.

4. The Vertues of Oats.

Oats fryed with Bay-salt, and applyed to the sides, takes away the pains of stitches, and wind in the sides, or Belly. A Poultess of the meal of Oats, and some Oyl of Bays put thereto, helpeth the Itch, and Leprosie; as also the Fistulaes of the Fundament, dissolveth Impostumes.

5. The Vertues and uses of Parsly.

It is very comfortable to the stomach, helpeth to provoke Urine, and womens Courses, and breaketh Wind in the stomach, and Bowels, and opens the body The seed is good to provoke Urine and womens Courses, to expel wind, break the stone, and easeth the pains thereof. It is excellent good against the Wind: very good against the Venome of any poysonous Creature. The distilled water thereof, is good for Nurses to give to Children that are troubled with the wind in stomach or belly, called the *Frets*. It is good for those that are of riper years.

6. The Vertues und uses of Housleck.

It is good to stay the defluction of Rhume falling upon the Eyes. It stops bleeding, both inward and outward. It helps Cankers, and fretting sores, and Ulcers It abates the heat of choller, and prevents Diseases arising from thence: it expels Poysons, resisteth Pestilential Feavers, good for third day Agues, being bruised and applyed to the place. It helps the Kings Evil, and other Knots, or Kernels, or Piles in the flesh; it is a very good and harmless herb, and many rare cures may be done by it. 7 The excellent Vertues and uses of Garden Rue.

It is a good Antidote against the Plague. The seed thereof taken in Wine, is an Antidote against deadly Poysons being often taken in Meat or drink: abateth Venery, being boyled and infused in Oyl, is good to help the wind chollick, the hardness or windiness of the Mother: and freeth Women from Strangury, or suffocation thereof, if the lower parts be anointed therewith: It killeth and driveth forth the worms of the belly, if it be drunk after it is boyled in wine, to the half, with a little Honey: It helps the Gout, or pain in the Joynts and Hands, Fret or knees, applyed thereunto: with figs it helpeth the Dropsie, being bathed therewith: It helpeth the swelling of the Cods, if they be bathed with decoction of Rue, and Bay leaves: an Oytment made of the juice thereof with Oyl o Roses, Ceruses, and a little Vinegar, and anointed, cureth St. *Anthonies* Fire

and

and all foul foꝛe running Heads, and Ulcers of the Noſe, oꝛ other parts.

8. The excellent, and Rare Vertues of Garden Sage.

It is good foꝛ the Liver, and puriſies the blood: the juice of Sage; with a little Salt is good foꝛ Women, to keep them from miſcarrying. and helpeth them to conceive: a decoction of the leaves and branches of Sage, made and drank, provoketh Urine, bringeth down Womens Courſes, helps to expel a dead child. *Orpheus* ſaith that three ſpoonfuls of the juice of Sage with a little Honey, taken faſting doth preſently ſtay the ſpitting of blood, of them that are Conſumptive: the juice of Sage taken in warm water, helpeth a hoarſneſs and a Cough: Sage taken with Wormwood, is good foꝛ the bloody flux.

9. The Excellent Vertues, and uſes of Marigolds.

They ſtrengthen the heart exceedingly, and are little leſs effectual in the ſmall Pox, and Meaſles, than Saffoꝛn: the juice of Marrigold leaves, mixed with Vinegar and any hot ſweating bath with it, allwages all hot ſwellings: the flowers either greꝛn oꝛ dryed are of great uſe in Poſſets, broths, & drinks, as a great comfoꝛter of the heart, and Spirits: and expelleth any malignant, oꝛ Peſtilential quality that might annoy them: a Plaiſter made of the dry flowers (*Culpepper* ſaith) in Powder, Hogs-greaſe, turpentine, & Roſin, applyed to the breaſt, ſtrengthens & ſuccours the heart exceedingly in Feabers peſtilential oꝛ not peſtilential. 10. The moſt excellent vertues and uſes of *Cardus Benedictus* are theſe. It is a herb of *Mars* under the Government of *Aries*, it helps (ſaith *Culpepper*) ſwimmings and giddineſs of the head, oꝛ the Vertigo, it is alſo an excellent remedy foꝛ the Yellow Jaundies, and other infirmities of the Gall, becauſe *Mars* goverꝛns choler: it ſtrengthens the attractive faculties in Man, and clarifies the blood, becauſe the one is ruled by *Mars*: the conſtant drinking the decoction (the meaning of decoction, is to boyl, oꝛ ſeeth the herb) it helps red faces, Tetters, and Ring-woꝛms, becauſe *Mars* cauſeth them: it helps Plague-ſoꝛes, Boyls, & the Itch, the biting of Mad dogs, and venemous beaſts, all which infirmities are under *Mars*, this it doth by ſimpathy: by antipathy to other plants, it cureth the French Pox; by antipathy to *Venus* it ſtrengthens the Memory: and cures deafneſs by its antipathy to *Saturn*, hath his fall in *Aries* which rules the head: it cures Quartan-Agues, and other Melancholy diſeaſes, it cauſeth Urine; the ſtopping of which is cauſed by *Mars* oꝛ the Moon.

11. Pelitory of the Wall, the Vertues.

The juice of it dropped in the Ear, eaſeth the noiſes in them, and taketh away pricking and ſhooting pains therein: the decoction with a little Honey, is a good gargle foꝛ a ſoꝛe throat: it is good mixed with the Oyl of Roſes, foꝛ ſcabs and ſoꝛes in Childrens heads; and ſtayeth the falling of the Hair: this herb bruiſed and applyed with a little Salt, to cleanſe Fiſtulaes; it helps any green wound, if

it be bruiſed, and bound to it but three dayes: the juice clarified, and boyled into a Syrup with honey, and a ſpoonful of it drunk every morning, by ſuch as are troubled with the Dropſie, if continued that courſe but once a week, moſt certainly cures them.

A moſt choice *Remedy* for all ſtrains whatſoever, all ſoreneſs in the ſinews all ſtiffneſs in the neck, the Gout, all broken bones, all grief, in the Hoofs of Oxen Bull *Cow* or Calf.

Take of Wallows, Chick-weed, & Calingal, and boyl them in Urine, Burgany Pitch, Tallow and Linſeed Oyl, till they be ſo ſoft that you may beat them to a ſalve, which done apply the ſalve to the grieved place hot either as an Oynt-ment or Poultes, this is a preſent Remedy, and often proved.

A rare Medicine for the Scab or Itch. 2. All Maggots whatever. 3 The worms in the Claw. 4. All wild fire. 5. the turning evil, ſheep tagged 6. Sheep belted. 7. the ſturdy in ſheep.

Firſt, let your ſheep blood in the eye-veins, then take Tar and freſh greaſe of each a like quantity, and mix them well together, with a little brimſtone, & the juice of Cheruile, bring it to a ſalve and with the ſame, (after you have pared, cleanſed, and made all the ſore place raw) anoint all the grieved places therewith in caſe of the ſturdy, after you have opened the skull and taken out the bladder, plaiſter the ſore therewith, and it is a certain cure.

An approved Medicine for all impoſthumes. 2. All *Leans* or Miſlike. 3 All ſcurf or mangineſs. 4. Swine that are lugged. 5. All maggots in the Ears in Hogs.

Firſt let the Swine blood in the ears and tail, then if the impoſthume be ripe, launce it, and thruſt out the filth, then heal the ſore with tar and butter mixt together, but if the impoſthume be hard, then rub it with wheat meal & ſalt till it diſſolve, but if the infection be Univerſal, then anoint the ſwine over with ſwines greaſe, brimſtone Winegar. black Soap & honey mixt together of each a like quantity, having rubbed all the ſcurf & filth away with a card. A choice Remedy.

A *Receipt* how to make the Brown Balſom of *Paracelſus*, the very ſame that Doctor *Pontæus*, Doctor *Lancellus*; Doctor *Salvator Winter*, and all other *Mountebanks* that ever went upon the Sage, ſold you.

Take half a pint of Sallet Oyl, or Linſeed Oyl, and half a pound of Yellow Roſine, two ounces of Bees-wax, an ounce of Barrel Pitch, & melt all theſe things together in a Skillet; when it is melted, take it off from the fire, and ſtir to it one ounce of Liquid *Storax*, and put that mixture in a pot, and that will be the *True Balſom* that ever I ſold in my Life.

FINIS.